

April 29, 2009

Dear School Union 92/MSAD #26 Employees, Parents and Community Members:

The purpose of this letter is to provide information about the Swine flu, also called H1N1, a potentially serious virus. The safety of every member of our Union 92 communities is of utmost importance. Further information is available from the Center of Disease Control (CDC) at [www.cdc.gov](http://www.cdc.gov) and Maine CDC at [www.maine.gov/dhhs/boh/swine-flu-2009.shtml](http://www.maine.gov/dhhs/boh/swine-flu-2009.shtml).

There are now at least three confirmed adult cases of Swine flu in Maine. CDC has stated that at this time exclusion is not recommended for school personnel or students who have recently traveled to an affected area and do not have symptoms. If a case is confirmed for a public school student or staff member, however, Maine CDC will direct the local superintendent to close the school for a minimum of 7 calendar days. The closure will also be extended to schools of siblings or those that share bus transportation.

Signs and symptoms of this flu are similar to other types of flu. Symptoms typically appear within one -to- four days of contact and include fever, chills, body aches, fatigue, headache, sore throat, a dry cough and sometimes nausea and diarrhea.

Preventive measures include:

- Wash hands regularly with soap and water or alcohol-based hand sanitizer;
- Avoid touching eyes, nose or mouth;
- Avoid contact with sick people;
- Cover nose and mouth with tissue when coughing and sneezing, and throw away tissue. Coughs and sneezes should not be covered with hands but one's shoulder.
- If you or your child is sick, please stay home, especially with a fever. Inform your health care provider.

Any children or staff with respiratory or flu-like symptoms will be sent home and should remain home until cleared by a health care professional. In addition, please know that our custodial staffs are paying particular attention to sanitizing water fountains, doorknobs, bathrooms and other areas.

We are also aware that many schools have out-of-state 8<sup>th</sup> grade class trips coming up in May. Please know that we will continue to monitor the situation and keep parents informed on our plans and possible courses of action. Presently, there are no CDC travel restrictions, but this may change quickly.

I encourage you to contact the principal of your local school if you have further questions or concerns.

Sincerely,  
Omar P. Norton, Superintendent

